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HENRY PETERSON, }

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DEVOTED TO MORALITY, PURE LITERATURE, FOREIGN AND DOMESTIC NEWS, AGRICULTURE, THE COMMERCIAL INTEREST, SCIENCE, ART AND AMUSEMENT.

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Original Poetry.

GERODLANE.

WRITTEN FOR THE SATURDAY EVENING POST,
BY ALICE CARY.

"Flamel thought he could grow
Divine the hoary sage,
And, my cousin, I pray you would,
Or may be, engage."

"Not until the morning drives
Through my casement's night."—
"In this dress more clandestine
For me?" answered she.

Good heaven on they freely walked,
Jesting merrily,
But the night was freely hushed,
Breathless world-nay,

"Nay, my lord," they all replied,
"Not for all the world!"
"Why, what is it you fear?"
"A holy dead!"

"Nay, my lord," they all replied,
"Not for all the world!"
"Why, what is it you fear?"
"A holy dead!"

In his eyes were lakes of fear,
And he uttered word,
Pointing aside were in his ear
Like a frozen bird:

Then the merriment of the three
Sank to thunderbrose,
While the wicked sweetness drearily
Through the damsel rose:

"Some you, my dear lord, and hail
Of the holy dead!"
"What was it?" he spoke,
"I received a great shroud with."

"You would hand the alle speech
You, my dear lord!"
"For the three men such to such
Whisper'd," he said.

Full a hamming on the door,
And the sound was heard
Then behind and one before,
Like a great bird.

Goodness grow white with fear,
Wilder than the dead,
While each one drew near the door,
Blank and silent, dead:

A holy spirit! the lady three!
Of the holy dead!
The second rose on and knew her face—
Nay, my lord!

No word broke the hearers mid—
Not a word they said!
And something passed beside the dead
Like an unclean wind,

And where he moved the shroud, in sooth,
And creaking all the while!
The three stood pale and sick with fear,
The holy dead to smile.

He spoke a word—I know not what—
The young cried—scarcely saw,
But saw a shroud and something had been kept,
They said the holy Graves.

And may pray and Gerodlane would last,
Of the holy dead!
He knew the maiden the bride's left,
Nay, my lord!
There cannot come a marriage feast
For Gerodlane the best."

Original Novelet.

THE MINISTER'S CHOICE.

WRITTEN FOR THE SATURDAY EVENING POST,
BY GRACE GREENWOOD.

Entered, according to the Act of Congress, in Deacon & Peterson's, in the Clerk's Office of the District Court for the Eastern District of Pennsylvania.

CHAPTER I.

Now, that is the way with you, sir, you young rogue. You are a sorcerer, too, of a something you know not what, and cannot help. You are the goddess of Success. You are the goddess of Success.

Yes, that is the way with you, sir, you young rogue. You are a sorcerer, too, of a something you know not what, and cannot help. You are the goddess of Success. You are the goddess of Success.

Thus the conversation between the beautiful Miss Ellsworth and her lover, Mr. Malcolm Crosbie, was interrupted by the entrance of the lady's father, Mr. Ellsworth, a wealthy merchant of Philadelphia.

Thoroughbred a brilliant season at Newport, now nine or ten years ago, the honors of an [illegible] were divided between Miss Ellsworth and Miss Crosbie, the goddess of Success.

Undeniably Miss Estelle Le Grange was a very charming creature. With little pure intellect, and no solid attainments, she was much admired. available talent, many showy accomplishments and native graces, with art, tact, and keenness to improve them. Before the English ideals of her age had discarded short frocks and pantalettes, she had opened her first campaign of fashion, and closed it with brilliant success—parading, like a warrior Roman conqueror, a train of captive beaux and belles in her triumphal car.

At last, he took the list, irrevocable hopeless, as he thought, in the dark, but in the full, glorious light of Hope, love and Jealousy, her smiling shapes, beckoned him from below. Up, up, he mounted, with a strong, free limb, and, by want of principle, she was a complete example of the most dangerous type, with consummate social talents upon the best-graced hearts, strength, wisdom, manliness, and nothing her cruel intent with a sort of innocent assurance, which, like the long lashes that softened the keen flashing of her dark southern eyes, only added to her Circean fascinations.

An only child, a beauty and an heiress, spoiled child of fortune, and favorite of fame, pampered in her of wilfulness and waywardness of which appeared only by all men, and most women. She was "a so young," "so sweetly pretty," "so delightfully naive," "so childish and playful," "so full of fun," though, indeed, it might be a cruel belle, or a beauty passe, thought of talking her to spoiled children' words and ways—while as for opinions, she was too exquisitely feminine to have anything of the sort.

At the close of a brilliant season at Newport, she was just gilding out of the very home into the full, unquestioning sympathy of all men, and most women. She was "

one between my own cherished and sheltered lot, and the neglected and exposed condition of the little beggar in the street, and wondered why such inequalities existed. My heart flew to the Bible for comfort, and to find in its teachings the reason why I was so favored above others, and found it in the command to "Go out into the highways and hedges and compel them to come in." Oh! for the spirit of Christ to inspire every heart to obey this command. Then would the wanderers from home be brought to the comforts of a home, and the children, instead of being left to grow up in ignorance, vice and misery, would be trained for usefulness and happiness here and hereafter.

But how shall this be accomplished? Not by subscription, good as they undoubtedly are, but miserably inadequate to the end in the return. I would but think of the nearer, and more promising field of Benevolence that lay immediately around us, of the little, neglected children of the poor, the ignorant, and the vicious—the little children perishing around our very door-sills, or worse than perishing, growing up in fearful misery and slandering all that is wretched parents. Add then it seemed to me that the relief and education of destitute children was a nearer, more urgent, and more appeal duty, and one that, for labor and capital expended upon it, would yield a greater returns in good than any other scheme of benevolence. And I wondered how children throughout, with temporarily limited means, should devote their whole time to the preaching of savages, and the reforming of criminals, while hundreds of innocent children around them were perishing from want, or growing up in ignorance or vice. Prevention is so much better than cure, and if sinners are to be saved by means, to spend upon the doubtful event of civilizing a savage, or reforming a burglar, the means that might be devoted to educating and preserving the innocence of a child."

"And why here," said Morton gravely, "but while my purse is limited, and while my little child within my reach remains undedicated, unbaptized, I can give the strongest only compassion. Shall I take the children's bread and cast it to the dogs?"

"That is a severe application of the text to come from a woman's gentle lips."

"I know it is severe, but it is just and appropriate. Children have the greatest claim upon us while they have need, and we have power. Let me proceed with telling you my reasons for thinking so. Cannot left them a perpetual legacy in time? Where shall remains one such little child in Ky name roosevelt Mr.' Could there be a stronger or more affecting recommendation of the children to our notice? Destitute children, by their innocence, their helplessness, their suffering, and for Christ's sake—irresistible claims to their undeveloped natures, and in their unknown future, appeal equally to our sympathy and our policy. Again, children are not as adults are, accountable for their own destitution. They have not, as adults have, a great deal to sclerem. Their minds and hearts are like fair paper, unwritten with the scenes of crime, but ready to receive the impression of good principles. Or they are like the rich, warm prairie loams of America—one cutting down, rooting up, and clearing to be done—they are all ready for cultivation, and will richly repay the cultivator."

"My dear girl, have you never heard of 'a'persuader depriving' it?"

"There is no such thing as 'persuader'—let me separate such words by at least a dozen others,—desperately." Such a phrase sounds to me false, cruel, and an intrusion, or would do so, were I not so contradictory as to be unconscious. Children are never deprived. A child's desire, however unreasonable, or his evil, vicious sensations, may be bad enough, but they are bad habits just as his poor little dirty jacket, and his dear little ragged trousers are bad habits—they are not a part of him, they did not grow out of him; they are external to him, they were put upon him; he does not know where to get any better. Only provide him with clean clothes, and show him clean habitations, and see if he does not prefer them. But to remove the shroud of my argument—Lastly the good commenced in the intellectual and religious culture of children must be carried on and produce good fruits more extensively. I do not wish to say one word against other forms of benevolence,—they are all good—only this is best. It is well, if possible, to reform a criminal, but there, most likely, the good ends. But if you educate a child, you may benefit in after times his children, and his children's children, down countless generations. There is no calculating the good that may flow so forever from one well developed human soul. This view addresses itself to our judicious economy to the application of means to ends, and to secure the greatest return of good from limited power of labor and money. Very early in life I felt this. In my first youth the Lord entrusted me with but one talent—leisure—and I invested it in the teaching of poor children—and it paid a large interest—more than rent, per cent.. I assure you, and the interest is still going on, and must and will go on, at compound rate. Now the Lord has lent me another talent—gold and money—and I wish to invest them in the same profitable enterprise."

But we may not pause to trace minutely Gertrude's love of love in which Morton sought at once to forget her own existence and to bless that of others.

A few events only it will be necessary to record.

In the very first packet of Baltimore papers received by Dr. Holmes, Marian saw announced the marriage of Augustus Le Roy, to Henry Bacwell. She knew by the date that it took place within two weeks after she sailed from the shores of America. And her anxiety so that young lady's account was set at rest.

After a trial of two months, Dr. Holmes and his lovely wife prepared to return to the United States. And the little fortune that Marian intended to settle upon Edith and Mattan, was entrusted to the care of the worthy surgeon, to be invested to their use by the time they were of age, or should reach Baltimore. It was arranged that the donor should remain many months, or be known only as a friend of Marian's father.

In the course of a few months Marian's institution, "The Children's Home," was commenced. And before the end of the first year, it was completed and filled with inmates. Marian had at first discreetly limited the number to be received to the capacities of accommodation afforded by her house. But could she so limit the expansion of her own benevolence? Could she refuse to receive the destitute little ones that wanted to come in? No, none—and in consequence of such rule as would followed wealth, and her "Children's Home" thrived, and more applications for shelter there pressed upon her, than her house had to be enlarged, and its income increased, and more and more of her reserved private fortune appropriated to more ample provision for which estate was embarked in the lumbered enterprise, and on that she had lived, and found among her own little flock. And Marian decided regret this as long as the income met the outlay.

But the demands of her heart to be further useful among the unfortunate, were not satisfied. Her sympathies were awakened, and her thoughts employed for another class of sufferers—the indebtedness of the poor throughout the country, starving in enforced idleness. And her mind accordingly set about with the aid of the vast, established, fortune tracts of land in women. She saw there the poor in groups of facts, as rarely related to each other as demand and supply, or as disease and remedy. The poor, miserable, and helpless victims of the old world, perishing around her for the want of food or the work that would make it—and the broad, rich prairies of the new world lying idle, waiting to repay labor—the former, unwilling with the aid of impotence and independence to the laborer and exploiter—the latter, willing to employ but actually separated. Day and night toiled Marian's heart and brain, with the problem of how to bring these two great elements of the mutual advantage. True, she knew that there were colonization companies and emigrant ships, can she had also known when planning for the relief of destitute children, that there were Orphan Asylums; but they did not come to meet the case.

It was a doubtful good to post up a corpse at human beings, as Stanley as Fatedaf regiments, made up equally of criminals and paupers, and cast them by thousands on penitent upon foreign shore—leaving them to wander about seeking work, begging or sinning, through the Adirondack states, with not much better opportunities of improvement than they left behind. Was the great unsatisfactory tracts of the West—the rich prairie lands, the forests with their game no "land" or "greatness" might or greatness," the labor and strength with their industries uninterrupted; this was the true problem—for the landless—the hope of the laborer!

Day and night her heart burned and her head planned. Oh for the means of bringing these two related forces together. Had she possessed the fortune of the Baron Rothschild, she would have gladly devoted it to the purpose of settling the industrious suffering poor of ever population England upon the unlimited rich territories of the West. But she was possessed of but a few thousand dollars. Oh! for the means! Oh! for the means! Oh! for the means!

SATURDAY EVENING POST.

PHILADELPHIA:
SATURDAY, FEBRUARY 10, 1855.

Congressional News

THIRTY-THIRD CONGRESS.
SECOND SESSION.

SENATE.

On the 29th all the Senate were sent the resolutions of the French Deputies, &c., relating to the death and condolences of the House without an extemporaneous remark.

Subsequently the Army Appropriation Bill was again taken up.

Mr. Weller offered an amendment as a substitute for the pending amendment, making the same appointment of officers and line hereafter entered into for the purchase of camels, and subjects connected therewith, as the Army Appropriation Bill of last session.

On the 30th, a memorial, personal debate occurred between Mr. Clayton and Mr. Benton, during the consideration of the Army Appropriation Bill, and another between Messrs. Dodge, Mallory, and Bradbury, concerning the appointment of a commissioner to survey the boundary line of settlements on the subject of Indian affairs, of which he had charge some time since, and the appointment of which met Mr. Cass.

On the 31st, after the presentation of various petitions, the Senate went into executive session, and confirmed the nomination of Mr. Cass to be Minister to China.

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On the 2d, the Senate took up and passed the bill reported by Mr. Dodge, to provide for the payment of the Indians. The bill proposes to place on a reserved list certain lands in Oregon, and to grant a number of acquires per head to Captains, Commissioners, and Lieutenants, who are now engaged in the Indian service, and to the privates and officers as follows:—Captains, as before, $1,000; Commissioners, Lieutenants, and Surgeons, $500; Sergeants, $320; Corporals, $160; privates, $80; Commissary Sergeants, $320; Quartermaster Sergeants, $320; Hospital Stewards, $320; Musicians, $160; Wagoners, $160.

Mr. Dodge moved the consideration of private claims the Senate adjourned.

On the 3d the Senate was not in session on the 3rd inst.

HOUSE OF REPRESENTATIVES.

On the 29th, Mr. Taylor, of Tennessee, introduced a bill authorizing the Secretary of the Interior to cause to be surveyed certain land heretofore granted on that subject, and to issue patents therefor to the persons entitled thereto.

The House then resumed the consideration of the bill making appropriations for the support of the Army for the year ending June 30, 1855.

Mr. Bocock rebuked the idea of such a line of action, and said that the Democratic party had always been "conservative for a good man and progressive for a good cause," and he thought it was the duty of the House to act in good order as they were expected to be complete in the discharge of their duties. He was in favor of the bill before the House, and recommending eight thousand seven hundred and seventy-six men, but he was decidedly opposed to any amendment to any amount, or such nature of compensation to officers as would increase the expenditures of the Government. He would be in favor of the bill in case it carried the defense for ten months, and recommended the House to proceed with the business.

Some of the customary Congressional notes occurred on the 30th, when Mr. Bocock, of Virginia, said that he was a Democrat, knew what "progression" in advancing upon each other's territory meant, and was willing to go for the bill.

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The Senate bill authorizing the construction of a railroad to the Pacific Ocean, was taken up. It provides for the construction of a railroad from some point on Lake Superior to the Pacific Ocean, and authorizes the President to cause the necessary surveys to be made, and to cause the same to be laid before Congress at the next session. The bill was passed.

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Selected Poetry.

THE HORSEMAN AND THE DODENESS.

TRANSLATED FROM THE GERMAN OF GOTTLIEB KONRAD BY HOWARD WORCESTER GILBERT.

The horseman rides through the silent night,
On his mettle fleet skimmeth the rider sprightly.

Through the chilly moor it sweeps under its tread,
Yet bodily none he meets nor sees.

Yonder, with his horse, in the host, pass o'er,
And hear, ere night, of his other doom.

On his terrace may, over there and mine,
On his scabbard sword he pace can alone.

Then the wanderer hears the lord's castle bell
The snow he meets spread out like mail.

Behind him he sees ridges and vales,
The way is new and smooth, like silver.

Neither hill nor house in the plain of white—
The trees and the rocks they lake from sight.

A mile, and twain, then he speedeth by—
He hears in the air the snow-crow's cry.

He flutters the weather-bird in fear—
He either sound breaks on his ear;

No Woodcock see he dearer
To your him the way he puts on—by his.

An ever raised the path o'er the crushing snow—
When small rush the water—the brand him glow!

Many church around the early sight;
In the distance he sees his manor's light.

The oxen from the neat rose row by row,
And hills breath the well-opened price of day.

He sees on the ground the thorn and rose,
And meets his mood o'er the pathway on.

The crop they hath sighed in the wind,
In the village bordered the blazing hearth.

"To the window welcome, ye—my soul, and say,
Ye the mere, to her mere, how far is the way?"

"O maiden, around, the rider cries—
"The mere with the hand, locked that lies."

"And around the ice not be warm-free,
I had said the were thee locks' fretted o'er."

The stranger shuddered with breathing low,
"I've gone locks' fretted o'er around his soul."

The maid she rises her arms in fear—
"O God! what a sight! what a sight she makes here.

"The signs, the dark and lichenous day,
Will sound's soul how! hath crawled from away."

"And sound, sound the sad spirit mere—hear!
I'll not rest, for the dead's rest's disturbed."

"O! the silent white-like wear not fear!
On the hungry pike, in the mud, cold fear!"

She sails the voltage the tale to hear—
The worn around her are gathered near;

Old dames and maidens, and children in tears—
"Um, stranger, now close thou friend indeed!

"Come in to the hearth-side the board—at most
Break not of bread, and eat of bread!"

But the rider rider on his sound-back sound,
His ear hath heard but the first dread word.

He hears it flutter, and redden his soul,
Before yonder the awful danger yet there.

His eye soon only the friend adieu—
He sees it with the last farewell true.

He hears of the ery the crushing sway,
Good sound, like Ge'ze wave, hath covered him o'er.

He sighs and sinks from his horse on the ground,
His rein found a grave on the lone ery sand.

☞ This ballad is founded on fact. The Boatsman is the narrator of the Lake of Constance.

Selected Articles.

HOW TO PRESERVE HEALTH.

BY DR. HALL.

The great secret of a long and healthful life, lies in the judicious use of what we eat and drink. What is "judicious?" we propose to discuss—but first let us state in a way to obviate dogmatically what this one or that one shall use, but to let each one decide for himself, the guidance of a few great principles, which are founded on observed facts, not on imagined fallacies.

On the ninth day of June, eighteen hundred and twenty-two, a robust, lusty French Canadian, of eighteen years, was accidentally shot in the left side: the wound healed, but left an opening in the stomach, which remained for the physician to see what was passing inside, and for the space of fifteen years, a series of experiments were made, and observations taken: and in the light of these, we make our way.

In close, cool, dry weather, a thermometer introduced into the stomach ranged from ninety-two degrees Fahrenheit. In raw, damp, cloudy weather, it remained stationary at ninety-four.

One point gained, then, is the proper temperature of an empty and healthy stomach in good weather, is about ninety-two degrees.

Soon after a meal is eaten, the temperature of the stomach is slightly increased, digestion goes on healthily and well, and in one or two hours the stomach is empty again. By digestion here was meant that the nutritious portions of meat, bread, vegetables, or other food, in gradually changed until it becomes whitish, and thinnish, and creamish, like milk: it matters not what we eat, or how many different kinds, it is the same result: taste, texture, nutriment, then digestion is healthy. When digestion is not perfect, the food ferments, becomes sour, rises to the mouth, generates wind, causes belching, and the like familiar symptoms. Digestion being a process of gastric and intestinal solution, a direct intermediary between aliment, alimentary fluids, and, by converted in, destroys health and life, inevitably.

It was then carefully observed, that cold water steal-tossed during the process of digestion, rapidly arrested it, and the process was not resumed, until the water had been long enough taken to warm from the temperature at which it was drank, to that of the stomach; or from some forty degrees, to a hundred: when digestion in the least meal be abstracted from the general system, chilling it. Never, (subject remark not fast skin, but it's a sum in fo-ble bench-drink: cold water at a meal, at all largely, be stimulus the take chilly; and when the water is in the stomach, being kept that much longer at work in digesting the food, lose the vigor, the digestion is imperfect, and the food becomes impure,—either laying the foundation for disease. The inevitable inferences from these facts is that cold water is injurious, if taken at meals. Injurious to the most perfect health of all, and to persons in feeble health, if taken at all, beyond a few swallows at a time.

I therefore will it down as a clearly established fact, that a glass or more of cold water, drank habitually at meals, or soon after, is a pernicious practice, even to the most healthy.

Injury to those in another manner: water unmixed into the stomach, and immediately after swallowing its power to dissolve the food. The amount of gastric juice is not increased, but its power is diminished by its dilution. The finger will be washed by dipping it into a vessel of boiling water: but if an equal quantity of cold water is added, it may be thrust in with impunity, and shudder at the heat as much in the mass as before, but it is more diffused. A glass of brandy will almost strangle a person not accustomed to it, but if largely diluted, is given to discomfort, although all the brandy is there that has been taken. What is meant by made another advance, that any kind of fluid largely taken at a meal, or soon after, is positively injurious to health.

Largely, is a relative term. An advance of half a pint may be the prior of any thing is "large," and when it is remembered that but a few table spoons of gastric juice are furnished at a meal, a glass of water, or two or three cups of coffee or tea, is a large amount of fluid for one meal.

Thus, a standing item of advice to my patients is—Take half a glass of water to a single meal, or a single cup of coffee or tea, and never increasing the strength or quantity, and drink nothing with the latter after eating.

If cold drinks are injurious at meals, cold food is, for the same reason, also injurious—that is, that some of the most untimely effects of disease are brought on by portalence in eating cold food, exclusively, especially in winter time. If cold fluids are injurious at meals, we naturally conclude that cold solids, as moderation, are beneficial, and rightly so.

The young of the animal creation are furnished with sustenance warmed by nature; and the choice morsel is warmed in the beak of the parent bird, before entering at the nest of her young.

We instinctively, almost, prepare something warm for the weary or the lonely: hence the visitor offence sacrificed to drinking milk, warm from the cow, and a very palatable thing, it must be confessed. It does fellows, that I've drink anything at meals, it should be first warmed.

We may safely admit, that the sustenance can one of a country is founded on common sense —common sense being the two-legs of experience of the so-called world is, that a cup of good hot coffee for breakfast, and a cup of good hot tea for supper, are wholesome. If a person in paginated against "more tea and coffee," then any of our common garden herbs may be substituted, as balm, sage, sassafras, and the like: it is the warmth that comes first in importance, and there must be the taste of something palatable to it, or the stomach will loath it. I am well aware that some persons consider tea and coffee poisonous, as did an enthusiastic young lady friend of mine, from New Brunswick, a few years ago, and demonstrated it as he thought, to the well-do-done, then in his eighty-sixth year, and still as efficient laborer in the vineyard.

"It may be poison, as you say," replied the old veteran, as the sly mischief twinkled out of the corner of his eye, "but it must be a very slow poison, for I have taken it regularly night and morning, for these eighty years, and am as fat as ever and don't feel."

Just how comes it that so many sensible people believe that tea and coffee are poisonous? Just as they have come to the adoption of any other fallacy. Somebody who had something else to do, imagined it, then insisted on facts and reasons for and against it, and when still adding a little to one fact, and suppressing from another, a timely plausible case was made out, to which the reader or hearer who had neither time nor inclination, then take the trouble thoroughly to sift to truth, and there are two sides to every question.

Having said so much about a cup of tea and coffee, it is proper to say something of the preparation. Individuals and nations have their peculiarities, but some things must be laid down as of universal application:

The first of coffee is the best.

The last cup of tea is the best.

Never take more than one cup at a meal.

Never sweeten the strength.

If it were a mere stimulant, then after a single cup of liquid, not increased in strength and quantity, produce no sensible effect, might do no good, is nearly, opium, or any other narcotic stimulant; but as tea and coffee are nutritious, the more so as they are good with milk and sugar, and a cup of either, or both, is not only as good and as nutritious as barley gruel or bean soup.

It has been justly said that—in the life of most persons a period arrives when the stimulus no longer digests enough of the ordinary amount of food to make up for the natural daily waste of the bodily substance," the size and weight of the body diminishes, begin to diminish more or less perceptibly. At this period tea comes in as a medicine to arrest long time, and the forty-six days' fast, is finished for a few days. The honor became known by the name of the fast-house. Two of the cells were used for keeping the fasters, and eleven finally recovered.

The individual a favorite, on the one hand, whom the poor, whose support or existential food is scanty; and on the other with the rich, whose insensibility of the stomach, or whose powers of digestion and whose bodily waste are nearly equal, begins to fail. Nor is it surprising that the aged female who has barely enough weekly income to buy what tea and coffee she can afford, should not, and should yet spread a portion of her small gains with bakeries and the like, to get less coffee quite as well on common food, when she takes her tea along with it: while she feels better for the tea, and is nourished by it, as much by the coffee.

Now the time to drink tea is at supper, when the lightest meal of the day is taken; for, by its exhilarating effects, it destroys the sense of fatigue, and enables a person to go to sleep, without having much in the stomach to keep it working all night, and so prevent sound, refreshing sleep.

One of the great secrets of health is a light supper, and to get it in a proper manner, no one is hungry and tired at the close of the day, to eat little or nothing. Let such as one take leisurely a single cup of tea and a piece of cold bread with butter, and he will leave the table in full physical comfort, and will the world as well: he had eaten a hearty meal, and he instead the butter for it the next morning.

Take any two under similar circumstances, strong, hard-working men, of fair digestion, and let one of them take his breakfast of butter with a cup of tea, and the other a hearty meal of meat, bread, potatoes, and the like of exercise, on the last hour of the day, and continue to either, that the tea-drinker will outlive the other by thirty years.

[Note.—While this is said about tea and coffee, it is not to be understood that they are to be used to the exclusion of other beverages, especially in weather to make the system perspire freely. Under such circumstances, we agree with Dr. Hall—that as to the drinkers of tea and coffee, they are not to be used at all, but that they are respectively under our control. To the extreme that the system requires, and to the extent that it will bear, they are to be used. In a word, we would say, that the system should be left to regulate itself in the matter of drinks, and that the drinker should be governed by his own feelings. For the most part, we believe that tea and coffee are beneficial to the system, but that in cases of rapid or general relaxation of surface, the principal if not the entire use of them should be abandoned. Under such circumstances should the fluid best fit to be generated use should be water, or water and milk.—Editor of the Inquiring Farmer.]

NOVEL LAW SUIT.—A somewhat romantic suit is to be brought before the Supreme Court of Bucks County, Pennsylvania. It seems that one Jacob Lambert became enamored with the fairies of Cupids, and wishing to heal the wound by lawful wedlock, he made proposals to the young lady's father, one Jesse Bucknell